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Government
Publications

Adventures in Cycling, Hiking, Nature Observation and Rock Climbing

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ADVENTURES IN CYCLING, HIKING, NATURE OBSERVATION AND ROCK CLIMBING 1995

USING THIS GUIDE

To help you locate a package or facility, the activities listed in this guide are grouped together in sections. The first page of each section provides additional information, which you may find helpful.

For your convenience, all entries throughout this guide are listed according to Ontario's 12 regional travel association areas. The map on page 1 shows the names and boundaries of these areas.

- If you don't see a package that suits your needs, most operators offer other choices that may be more suitable.
- All information on facilities and prices was supplied to the Ministry of Culture, Tourism and Recreation by the operators and was deemed correct at the time of publication. Please contact the operators directly to avoid disappointment and to receive the most up-to-date information on their rates and facilities. The Ministry of Culture, Tourism and Recreation accepts no liability for errors or omissions.
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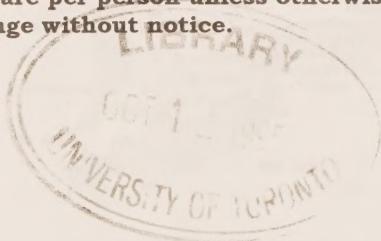
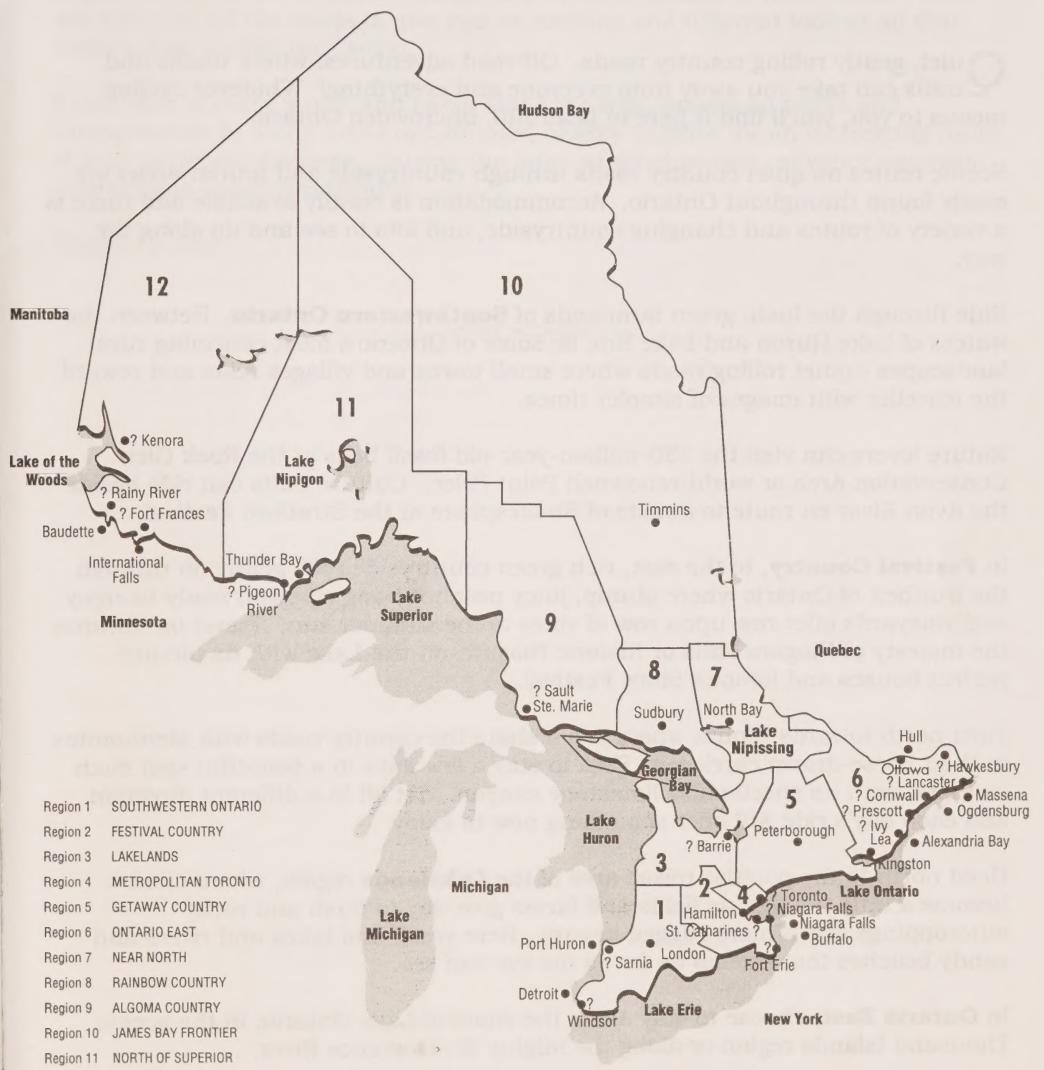


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Travel Region Map



? denotes Ontario Travel Information Centre.

CYCLING

Quiet, gently rolling country roads. Off-road adventures, where tracks and trails can take you away from everyone and everything! Whatever cycling means to you, you'll find it here in beautiful, uncrowded Ontario.

Scenic routes on quiet country roads through countryside and tourist areas are easily found throughout Ontario. Accommodation is readily available and there is a variety of routes and changing countryside, and lots to see and do along the way.

Ride through the lush, green farmlands of **Southwestern Ontario**. Between the waters of Lake Huron and Lake Erie lie some of Ontario's most charming rural landscapes - quiet rolling roads where small towns and villages relax and reward the traveller with images of simpler times.

Nature lovers can visit the 350-million-year-old fossil beds at the Rock Glen Conservation Area or world-renowned Point Pelee. Culture buffs can ride beside the Avon River en route to a taste of Shakespeare at the Stratford Festival.

In **Festival Country**, to the east, rich green countryside rolls gently on through the fruitbelt of Ontario where plump, juicy peaches hang ripe and ready to enjoy, and vineyards offer row upon row of vines to the summer sun. Travel on towards the majesty of Niagara Falls or historic Niagara-on-the-Lake with its picture-perfect houses and famous Shaw Festival.

Turn north towards Elmira where you'll share the country roads with Mennonites in their horse-drawn carriages. Plan to stay a few days in a beautiful spot such as Elora, with its spectacular limestone canyon. Set off in a different direction and each day's ride will offer something new to enjoy.

Head north to the popular resort area of the **Lakelands** region, where climbs become a little tougher as fields and farms give way to bush and rocky outcroppings and a more rugged beauty. Here you'll find lakes and rivers and sandy beaches that stretch as far as the eye can see.

In **Ontario East**, choose to stay along the shore of Lake Ontario, in the scenic Thousand Islands region or along the mighty St. Lawrence River.

Turn north anywhere between Toronto and Kingston and challenge the rocky highlands of **Getaway Country**. You'll find some of Ontario's most popular resorts and beaches, the 600 lakes of the Haliburton Highlands and the southern edges of the Precambrian Shield. Here you can sample some of the beauty and challenge that the rest of Ontario has to offer you farther north.

Organized tours are available to take you through several of these areas. Some will take you off the roads to give you an exciting and different look at all that Ontario has to offer the cyclist.

If you plan to carry a tent and camp along the way, provincial parks and campgrounds in many areas are situated nearby to allow for an interesting route of your preferred distance. During the busy summer season, advance campsite reservations are recommended.

Happy cycling!

CYCLING

AREA 1 SOUTHWESTERN ONTARIO

CHATHAM

Canadian Trails Bicycle Tours

RR 7

Chatham, ON N7M 5J7

Tel: (519) 352-0883

Tel: (800) 668-2453 (BIKE)

Fax: (519) 351-5091

Area: Port Stanley, Ingersoll, Benmiller, Blyth, Bayfield, Grand Bend, St. Mary's, Stratford. Trips also in Areas 2, 3, 4, 5 and 6.

Season: Mid-May to mid-October. 1- to 5-day guided tours.

Includes accommodation at Country Inns, all meals. Van support, bike rentals, helmets. Theatre, wine, blossom, fall color and other custom trips.

Rates: \$50/1-day; \$898/5-day

For tours in Bayfield, Goderich, Port Stanley also see Area 4: Mississauga.

AREA 2 FESTIVAL COUNTRY

For tours in Blair, Elora, Hockley Valley, Niagara-on-the-Lake, Niagara Falls and St. Jacobs see Area 1: Chatham and Area 4: Mississauga.

BRANTFORD

Grand River Canoe Company

Box 25090

West Brantford Postal Outlet

Brantford, ON N3T 6K5

Tel: (519) 759-0040

Area: Grand River Valley south of Cambridge. North Shore of Lake Erie

Season: April to November

Guided and self-guided trips through the historic Grand River Valley and north shore of Lake Erie. Rolling farm land, small towns, Carolinian forest, lakeside roads. From no-frills to picnic lunch, bed and breakfasts, theatre and much more, including historic country inns. Additional services include: shuttle service, cycle/canoe combination trips

Rates: From \$5 (according to package)

NIAGARA-ON-THE-LAKE

Countryroads Bike Tours Ltd.
2938 Dundas St. W., Box 70657
Toronto, ON M6P 4E7
Tel/Fax: (416) 536-1341

Area: Niagara-on-the-Lake, St. Jacobs, Elora, Elmira

Season: June to October,
departs Friday

All-inclusive weekend tours of
Niagara wineries or Mennonite
country. Includes accommodation
(inn), all meals, van support,
experienced guides, bike helmet.

Rates: \$309-\$349

NIAGARA-ON-THE-LAKE

Niagara Bicycle Touring Co.
Box 1205
Niagara-on-the-Lake, ON L0S 1J0
Tel/Fax: (905) 468-1300
Tel: (800) 961-6788

Area: Niagara Region

Season: April to October. General
tours 7 days/week, twice/day at
9:30am and 4:30pm. Tours last
approximately 3 1/2 hours. Call for
information on specific tours.

Includes visits to 3-5 wineries, guide,
hybrid bicycle and tastings at each
winery. Self-guided tour available.
Tours: (1) Niagara-on-the-Lake area,
departs Pillar & Post Inn

(2) From Cave Spring Winery
in London, lasts 1/2 day with visits to
3 wineries on Niagara Escarpment.
Includes picnic lunch. 2-day

packages with accommodation and
meals also available.

Rates: Call for information on various
packages

AREA 3 LAKELANDS

*For tours in Bruce Peninsula,
Gravenhurst, Port Carling, Huntsville,
Orillia, Muskoka, Georgian Bay and
Huronia see Area 1: Chatham, Area 4:
Mississauga and Area 6: Kingston.*

COLLINGWOOD

Rob Roy Sports Farm
Box 92
Singhampton, ON N0C 1M0
Tel: (519) 922-2706

Area: Niagara Escarpment -
Collingwood area

Season: Spring to fall

Camping/guest house facilities at the
Farm. Breakfast, tour lunch and
dinners provided. Tour the Niagara
Escarpment: back country road, crevice
caves to explore, waterfalls, rock face
and spectacular views. Hiking side
trips (Bruce Trail), maps, emergency
pick-up and barn party room.

Rates: Bed and Breakfast:
\$40/person/day
Camping: \$25/person/day
Lunch and dinner available

... AREA 3 continued

OWEN SOUND

Georgian Shores Cycle Tours

688-8th Street A East
Owen Sound, ON N4K 1N2
Tel: (519) 371-7889

Area: Grey-Bruce Counties

Season: May to October

Weekend, 3- and 5-day tours. Includes accommodation at bed and breakfasts, all meals, wine and cheese welcome, refreshments along the way. Van assisted, experienced guides. Packages vary from cycling, cycling/canoeing and hiking. Small groups will enjoy the Bruce Peninsula and surrounding area. Van carries luggage and purchases made along the way.

Rates: \$260-\$625

OWEN SOUND

Sail & Cycle Charters/Cloud Chaser Cruises

535 9th St. E.
Owen Sound, ON N4K 1P4
(519) 534-0649 (summer)
(519) 371-9679 (winter)

Area: Bruce Peninsula/Manitoulin Island, Killarney Park and area

Season: May to October.

Departures: Big Bay, Mondays 9am

All inclusive 5-night/6-day cycle/sail package - guided cycle tours of the

scenic back roads and sail Georgian Bay aboard a 67-foot ketch. Includes all meals, bike rentals, guides, professional crew, accommodation aboard sailing yacht and all activities. 4-day/3-night cruises available; 2-week adventure cruises can be booked.

Rates: \$1,150/person (double occupancy/6-day tour

THORNBURY

Quiet Valley Bike Touring

Box 124
Thornbury, ON N0H 2P0
Tel: (519) 599-6195/(800) 717-6195

Area: Southern Georgian Bay: Georgian Trail, Wasaga Beach Bike Trail, Christian Island Exploring

Season: May to late-September

Variety of all-inclusive easy rolling tours in the Southern Georgian Bay area. With a view of the Niagara Escarpment and Georgian Bay, wander the backroads and trails from Owen Sound, through the valley of the Big Head River and Beaver Valley, along the beaches of the Wasaga, to the historic Christian Island and Midland area.

Trips vary from exploratory afternoons to 2-5 day excursions that include van support, bed and breakfast accommodation and meals. Several weekends have themes that include Aboriginal history, photography, local events and understanding the rural environment.

Rates: 4 nights/5 days:
\$650/weekend

Afternoons: \$10

Weekends: \$125-\$275 (according to accommodation level)

AREA 4 METROPOLITAN TORONTO

For tours in Alton, Caledon Hills and Terra Cotta see Area 1: Chatham

TORONTO

A Taste of the World - Neighbourhood Bicycle Tours & Walks Inc.

235 Sammon Ave.
Toronto, ON M4J 1Z4
Tel: (416) 463-9233
Fax: (416) 927-0554

Area: Different neighborhoods in Toronto and vicinity using bike trails, bike paths, quiet residential streets.

Season: May to October: May 28, June 18, July 23, Aug. 20, Sept. 17, Oct. 15

Venture into neighborhoods on bike and leave knowing different areas, their history, local legends, architectural oddities and food. Different theme bike tours venture into different areas once a month. Rides: Taste of T.O. Bakeries; Mid-Summer's Ride; Taste of Ice Cream; Taste of Roses, Cabbages and Mud; Taste of Harvest Markets; Taste of Humber Villages. 2 meals included. Bike and helmet rental available (\$26)

Rates: \$35/person

MISSISSAUGA

Limestone & Luxury Cycle Tours
4236 Lastrada Heights
Mississauga, ON L5C 3W3
Tel: (905) 848-2372

Area: Weekend tours:
Bayfield/Goderich, Port Stanley, St. Jacobs/Elora, Caledon Hills. Week-long tours: Bruce Peninsula

Season: June 1 to October 1

Guided cycling holidays of 3 or 6 days through some of Ontario's most picturesque rural landscapes. Weekend tours feature quaint country inn accommodation, while the week-long tour stops at modern motel/lodge properties. Includes breakfast and dinner daily, van support, bike rental, cycling guide and maps.

Rates: From \$299/person, double occupancy

MISSISSAUGA

W.O.W. (Wizard of Wheels Ltd.)
1506 Oran Crt.
Mississauga, ON L5N 1L3
Tel: (905) 567-7593
Fax: (905) 567-8258

Area: Algonquin Park, Haliburton, Mansfield, Georgian Bay/Huronia, Halton/Peel

Season: March to November, excluding October

Specializing in mountain bike tours. Variety of off-road experiences, long single-day rides, camping weekends, night rides, exploratory rides and wolf

... AREA 4 continued

howls. Tours feature natural history focus for small groups and repair/maintenance sessions also offered. Includes "how-to" rides with trained tour leaders, van support and industry-trained mechanics. Some packages include meals, camping, bed and breakfast accommodation or housekeeping cottage.

Rates: \$20-\$200 based on package

water bottles, locks. Reduced rates for groups and individuals with own bikes. Special mountain bike polo festival weekends May 13-14, Oct. 21-22, call for information.

Rates: \$100 - 1 day; \$320 - 2 days/1 night; \$795 - 6 days/5 nights

MARKHAM

Call of the Wild

23 Edward St.
Markham, ON L3P 2N9
Tel: (416) 200-9453 (WILD)
Tel: (800) 776-9453 (WILD)
Fax: (905) 472-9453

Areas: Haliburton Highlands and Algonquin Provincial Park

Season: July 24 and Aug. 21, 8:30 a.m. Monday

5 nights/6 days, 3 nights in a log cabin and 2 nights in tents in Algonquin. 3 days of mountain biking in the forests of Haliburton Forest and Wildlife Preserve and in Algonquin Park. Followed by 3-day wilderness canoe trip in Algonquin Park. Includes meals, bikes, canoes, camping, tents, cooking utensils. All trails are loops - no need to double back, trails are through forest with opportunity to see moose or deer. Also includes transportation from Toronto, guides and park fees.

Rates: \$875

AREA 5 GETAWAY COUNTRY

BLOOMFIELD

Bloomfield Bicycle Company

91 Main St., Box 78
Bloomfield, ON K0K 1G0
Tel: (613) 393-1060

Area: Prince Edward County

Season: April to October from Bloomfield, 8 am to 4pm, advance booking required

Guided, off-road mountain bike tours through various trails and terrain for all skill levels. Guides, support van for luggage and equipment, accommodation, meals (based on package), bike rental with helmet,

... AREA 5 continued

For tours in Jackson's Point, Eagle Lake, Fenelon Falls, Bobcaygeon, Minden, Haliburton, Buckhorn, Curve Lake, Mount Julian, Petroglyphs Park, Lang Pioneer Village, Serpent Mounds, Hastings, Cobourg, Grafton, Kawarthas, Presqu'ile Park see Area 1: Chatham, Area 4: Mississauga and Area 6: Kingston

PICTON

Countryroads Bike Tours

2938 Dundas St. W., Box 70657
Toronto, ON M6P 4E7
Tel: (416) 536-1341

Area: Prince Edward County, Bay of Quinte

Departures: June to October

All-inclusive 2-, 3- and 5-day packages. Includes accommodation (inn), meals, van support, experienced guides and free helmet rentals

Rates: \$289-\$689

AREA 6 ONTARIO EAST

KINGSTON

Bicycle Ontario Tours

64 Gibson Ave.
Kingston, ON K7L 4R2
Tel: (613) 542-2922

Area: Rideau, Thousand Islands, Prince Edward County, Kawarthas, Haliburton, Muskoka, Huronia, Bruce Peninsula, Manitoulin

Departures: Weekends May 16 to Oct. 16, daily July and August

Packages vary from 2 to 5 days. Includes accommodation (inns and bed and breakfasts, some lodges), lunches and breakfasts, some dinners, van support, guide, minor bike repairs, maps and literature, introductory reception and snacks.

Rates: \$280-\$735

KINGSTON

Countryroads Bike Tours Ltd.

2938 Dundas St. W., Box 70657
Toronto, ON M6P 4E7
Tel: (416) 536-1341

Area: Rideau Lakes, Kingston, Thousand Islands, Ottawa, Merrickville, Gananoque

Season: June to October

All inclusive 4- and 6-day tours. Includes accommodation (inn or bed

... AREA 6 continued

and breakfast), gourmet meals, van support, experienced guides, free helmet rentals. Bike rentals available

Rates: \$299-\$859

CUMBERLAND

Cycle Ventures

2517 Wilhaven Dr.
Cumberland, ON K4C 1M7
Tel/Fax: (613) 833-3343

Base of operation:

Ottawa/Hull/Gatineau Park/Ottawa River Valley and Gananoque-Kingston via Howe Island and country roads, Gananoque-Brockville via 1000 Islands Parkway bikepath

Season: June 30-July 3 (Ottawa); July 28-July 31 (Gananoque)

Ottawa: Canada Day Weekend - Cycle Ottawa's bikepaths, Gatineau Park and Ottawa River area, take part in July 1 (Canada Day) events, wine and cheese welcome on Canada Day, includes 3 nights accommodation (Gasthouse), 3 breakfasts, 1 picnic lunch.

Gananoque Ramble: Cycle 1000 Islands Parkway and quiet country roads to Kingston, Howe Island, boat tour of "Millionaires Cove" in St. Lawrence, includes 3 nights accommodation (country inn), 3 breakfasts, 2 dinners, 1 picnic lunch - optional Theatre Night (1000 Islands Playhouse)

Above includes, van support, two leaders, map and route description

Rates: \$299 plus GST (Ottawa) and \$362 plus GST (Gananoque)

OTTAWA

Multi-Trek Canadian Explorers

1180 Tawney Rd.
Ottawa, ON K1G 1B7
Tel: (613) 748-6165/(800) 263-5232
Fax: (819) 561-7906

Area: Heritage Highway along the Thousand Island Parkway; departing Ottawa or Morrisburg, Rideau Lakes, Greater Ottawa area

Season: Mid-May to mid-October

3-day package includes accommodation (dormitory), meals, bike transportation, camping gear, park fees, panniers, flags, bilingual service, van support to departure point

Rates: \$155-\$255/person

OTTAWA

Ottawa Outing Club

126 York St., Suite 1
Ottawa, ON K1N 5T5
Tel: (613) 241-1616
Fax: (613) 241-8913

Area: Gananoque, Prince Edward County, Ottawa Valley, Gatineau Park, Merrickville and Greater Ottawa area.

Season: May to October
Day and weekend outings include transportation to/from Ottawa, detailed trip notes, guide, van support. Weekends also include bed and breakfast/resort accommodation, all breakfasts and dinners, and recreational tours at your own pace

Rates: \$33-\$250

... AREA 6 continued

ELORA

Woodrow Farm

RR 1
Balderson, ON K0G 1A0
Tel: (613) 267-1493

Area: Perth, Lanark, Almonte, Pakenham and Westport

Season: Spring to fall

Located in scenic central Ottawa Valley in Lanark County. Spectacular fall colors. Two-day cycling breakways, includes meals and accommodation. Map with suggested tours, free parking for vehicles. Longer loop tours can be arranged with other bed and breakfast hosts if required.

Rates: \$150/double, \$130/single

For tours in Brockville, Gananoque, Kingston, Merrickville, Ottawa and Westport see Area 1: Chatham.

AREA 7 ONTARIO'S NEAR NORTH

For tours in Algonquin Park see Area 1: Chatham, Area 4: Mississauga and Area 5: Markham.

AREA 8 RAINBOW COUNTRY

For tours on Manitoulin Island see Area 6: Kingston.

FOR FURTHER INFORMATION ON CYCLING IN ONTARIO, CONTACT:

Ontario Cycling Association
1185 Eglinton Ave. E.
North York, ON M3C 3C6
Tel: (416) 426-7242
Fax: (416) 426-7349

HIKING/BIRDWATCHING/ NATURE OBSERVATION

For those who like the feel of the good earth beneath their feet, what simpler, yet more exhilarating activity could there be than walking. Ontario's varied landscapes offer many different forms of beauty. Enjoy the many marked trails, from the short nature trails at a local conservation area, to the over 700 kilometres (438 miles) of the Bruce Trail.

"Back to Nature" can be as active as rock-climbing and wilderness survival, or as intense as the search for that rare species of bird or wildflower. This section gives you additional information on how to explore, either on your own or as part of an organized group.

PROVINCIAL PARKS

In addition to some of the province's finest canoeing, Ontario's provincial parks offer a variety of backpacking experiences, from short interpretative trails to long-distance, overnight hiking, with wilderness camping in the interior. The following is a list of some parks with extensive trail systems.

Algonquin Provincial Park offers many hiking trails, two of which are the Highland Hiking Trail and the Western Uplands Hiking Trail.

Highland Hiking Trail extends from Pewee Lake to Head, Harness and Mosquito Lakes, with the return trip totalling 35 km (22 mi). There is a "shortcut" trail that goes from Pewee Lake and circles Provoking Lake (total 19 km/12 mi). Numerous campsites are available throughout the route, especially along the lakes.

Western Uplands Hiking Trail includes three loops with round-trip lengths of 32 km (20 mi), 55 km (34 mi) and 77 km (51 mi) respectively. The trail begins at the Oxtongue River Picnic Grounds, at Kilometre 3 on Highway 60, and is also accessible via the Rain Lake Access Point. It is designed for backpackers who wish to explore on foot the rugged hills of Algonquin's west side. Experienced hikers will have little difficulty covering the first loop in three days, sleeping out two nights; correspondingly longer times would be required for the second and third loops.

A brochure *Backpacking Trails of Algonquin Provincial Park* is available at a cost of \$2.50 (includes GST, PST, postage and handling) from the park, or from the Ministry of Natural Resources Information Centre, Room M1-73, Macdonald Block, 900 Bay St., Toronto, ON M7A 2C1. Tel: (416) 314-2000.

Bon Echo Provincial Park offers the Abes and Essens Lakes Overnight Hiking Trail system, consisting of three interconnected loops - a short 4-km (2.5-mi) loop, a 9-km (5.6-mi) loop with two campsites, and a 17-km (11-mi) loop with three campsites. The trails pass scenic lakes and are attractive in the autumn.

Frontenac Provincial Park is a hiker's paradise, with over 180 km (113 mi) of hiking trails to explore such intriguing areas as Moulton Gorge, the Arkon Lake Bogs, the Black Lake homestead and the Connor-Daly Mine - to mention just a few. The park offers opportunities for both day users and wilderness campers as its campsites are accessible by canoe or hiking only.

Halfway Lake Provincial Park offers hikers the pure beauty of the boreal forest, the silence of spruce-scented glens and the solitude of unchanged lakes. There are four trails - Moose Ridge Trail (4 km), Echo Pond Trail (10 km), Hawk Ridge Trail (25 km) and Osprey Heights Trail (7 km). Although the terrain is northern, it is not too difficult, and therefore good for family hiking.

Killarney Provincial Park offers over 100 km (60 mi) of hiking on the La Cloche Silhouette Trail, which features a variety of terrain, including centuries-old hemlock forest, beaver meadows, crystal-clear lakes and extremely rugged terrain. The trail's main attraction is Silver Peak, towering 370 m (1,214 ft) above Georgian Bay and offering views of more than 80 km (50 mi) on a clear day. Sections of the trail may be done either in a day by backtracking, since the routes are not loop trails, or the whole trail may be covered in seven to ten days, in which case, hikers should be equipped to be self-sufficient for the duration of the trip. Ridge walking is also a popular activity in the park due to the open nature of the terrain, but should only be attempted by experienced hikers.

Lake Superior Provincial Park provides the wilderness hiker with opportunities to explore the rugged interior and coastline of Lake Superior. An extensive network of trails, ranging in travelling time from two hours to several days, is being developed.

Sleeping Giant Provincial Park has over 80 km (50 mi) of trails available for day use or overnight camping. The Kabeyun trail is 40 km (25 mi) in length and provides hikers with breathtaking views of Lake Superior and the 244 m (800 ft) cliffs of the Sleeping Giant. Other trails are the Burma Trail 10 km (6 mi), Two Pine Lake and Talis Lake trails 5 km (3 mi) and the Sawyer Bay Trail 6.5 km (4 mi).

Wakami Lake Provincial Park offers hikers the opportunity of backpacking on a 65 km (41 mi) trail that circles the lake. Users can go over the "height of land" and see abandoned logging camps and a trading post, remnants of early commerce and industry in a vegetative transition zone between boreal and Great Lakes forest.

NATIONAL PARKS

Bruce Peninsula National Park offers hiking trails with exceptional scenery. There are four major trails within the park's boundary, three of which are linked to the Bruce Trail. Flowerpot Island, located in **Fathom Five National Marine Park**, has a developed hiking trail. *For more information on both parks, contact Bruce Peninsula National Park, Box 189, Tobermory, ON NOH 2R0.*

Pukaskwa National Park offers a coastal hiking trail between Pic and Pukaskwa Rivers along the north shore of Lake Superior. *For more information contact Pukaskwa National Park, Hwy. 627, Hattie Cove, Heron Bay, ON POT 1R0.*

HIKE ONTARIO

In Ontario, there are 11 long-distance hiking trails, built and maintained by volunteers. The trails are co-ordinated by the Hike Ontario association. Each trail has its own personality and in total they cross more than 2,100 km (1,300 mi) of rocky heartland, woods and farms. Maintained by clubs, they are marked with blazes - vertical strips painted on trees and rocks - to keep hikers from wandering off the trail and perhaps getting lost. Through each hiking club or association, hikers may purchase guidebooks and maps. Organized volunteer group hikes are often conducted with a group leader as part of a club's program.

For further information, contact:

Hike Ontario
1185 Eglinton Ave. E.
North York, ON M3C 3C6
Tel/Fax: (416) 426-7362

The map on page 18 shows the location of the 11 long-distance trails. For information on the trails, including maps, please contact the individual hiking trail associations listed on the following pages.

The Avon Trail follows the Avon River through Stratford with a side loop that passes the Festival Theatre. Of its 100 km (62 mi), 13 km (8 mi) are within the Wildwood Conservation Area, the remainder cross agricultural land, including farms of the Mennonites near Kitchener. The Avon Trail links the Thames Valley Trail at St. Marys with the Grand Valley Trail at Conestoga. *Contact: Avon Trail, Box 20018, Stratford, ON N5A 7V3*

The Bruce Trail, Ontario's oldest and longest trail, follows the Niagara Escarpment from Niagara to Tobermory. Geologically fascinating, the Escarpment also provides endless scenic variety - lookouts, grottos, waterfalls, caves, meadows, forests and, for the history buff, ruins of abandoned dams, kilns and mill houses. Its total length is 736 km (460 mi). *Contact: Bruce Trail Association, Box 857, Hamilton, ON L8N 3N9 Tel: (905) 529-6821, (800) 665-HIKE (area codes 416, 905, 519, 613, 705).*

The Elgin Hiking Trail runs from Payne's Mills along creeks and ravines to the shore of Lake Ontario at Port Stanley. Total length: 35 km (21 mi). *Contact: Elgin Hiking Trail Association, Box 250, St. Thomas, ON N5P 3T9*

The Ganaraska Trail follows the Ganaraska River, crosses the Great Pine Ridge and traverses the drumlin fields west of Peterborough. It passes through the Kawartha Lakes and skirts the Minnesing Swamp where waterfowl, mink, muskrat and beaver can be observed. Passing through the Wasaga sand dunes, it follows the Wye River across historic Huronia. Its total length is 200 km (124 mi). *Contact: Ganaraska Trail Association, Box 1136, Barrie, ON L4M 5E2*

The Grand Valley Trail follows the Grand River north from Dunnville through Brantford and Paris, with its cobblestone architecture, past Pennsylvania Dutch farms near Kitchener, Cambridge and Waterloo, through the spectacular Elora Gorge, and connects with the Bruce Trail at the village of Alton. Rare butterflies may be seen in Roseville Swamp, and coyote, white-tailed deer or red-shouldered hawks in Natches Hills. Total length: 125 km (77 mi). *Contact: Grand Valley Trails Association, Box 1233, Kitchener, ON N2G 4G8*

The Guelph Radial Trail leads northeasterly from Guelph along an abandoned route of the old Toronto Street Railway to Limehouse, where it joins the Bruce Trail. **The Speed River Trail** follows the river southwest from Guelph to Cambridge. An unusual concentration of glacial landforms, eskers, moraines, drumlins and out-wash features provide unique sights. Total length: 65 km (40 mi). *Contact: Guelph Trail Club, Box 1, Guelph, ON N1H 6J6*

The Maitland Trail is a 30-km route in the Goderich area. It follows the beautiful Maitland River and Lake Huron at Goderich to the village of Auburn. Total length 37 km (22 mi). *Contact: Maitland Trail Association, Box 443, Goderich, ON N7A 4C7*

The Oak Ridges Trail is a proposed new trail to run across the top of Toronto.

The Rideau Trail, Ontario's most easterly trail system, is named for the Rideau Canal and River. It extends from Lake Ontario at Kingston to Richmond Landing on the Ottawa River, traversing the wild and sparsely inhabited Canadian Shield - a vast territory of granite, endless forests and countless lakes. Total length: 400 km (250 mi). *Contact: Rideau Trail Association, Box 14, Kingston, ON K7L 4V6*

The Thames Valley Trail follows the Thames River north through the heart of London, past the University of Western Ontario. Contrast between neat, flat farmlands and steep, wild riverbanks, between formal city parks and debris-covered floor plains, between old historical London and its modern skyline. Total length: 60 km (37 mi). *Contact: Thames Valley Trail Association, Box 821, Terminal B, London, ON N6A 4Z3*

The Voyageur Trail, when complete, will be Ontario's longest trail, passing through rugged wilderness of great rocks, forests and deserted beaches. From South Baymouth on Manitoulin Island, through Sault Ste. Marie along the rugged shoreline of Lake Superior to Thunder Bay, some of its points of interest are Killarney and Lake Superior provincial parks, Pukaskwa National Park, Agawa and Michipicoten Falls. Current total length 412 km (250 mi), with more than 600 km (375 mi) planned. *Contact: Voyageur Trail Association, Box 20040, 150 Churchill Blvd., Sault Ste. Marie, ON P6A 6W3*

Ontario landowners have generously allowed trails to be built on their properties, sharing with the public the beauty and tranquillity of the countryside. In return, hikers use the *Trail User's Code*, a promise to respect private land and preserve the environment:

Trail User's Code

- Hike only along marked routes
- Do not climb fences - use the stiles provided
- Respect the privacy of people living along the trails
- Leave flowers and plants for others to enjoy
- Never strip bark from trees
- Light cooking fires at official campsite locations only. Drench all fires after use. Still better, use a lightweight hiker's stove
- Keep dogs on a leash while on or near farmland
- Walk around the edge of fields - do not cross them
- Leave only your thanks and take nothing but photographs
- Protect - do not disturb wildlife
- Carry out all garbage. If you can carry it in - you can carry it out!

ADDITIONAL HIKING TRAILS

The Cup and Saucer Trail is located on Manitoulin Island, 18 km west of Little Current. The trail actually forms part of the north end of the Niagara Escarpment and is so named because one section, when viewed in profile, has the image of a giant cup and saucer. The trail is divided into three different sections - the upper trail, 5.4 km (3 mi) in length; the adventure trail, 2 km (1.2 mi), an extension of the upper trail; and the lower trail, 2.7 km (1.7 mi). The highest point of the trail (1,500 feet) allows a panoramic view of the North Channel.

Also in the Manitoulin area: Bridal Veil Falls, Carnarvon-Billings Line, Gore Bay, McChigeong, Mississagi Lighthouse and Torry Gordon's trails.

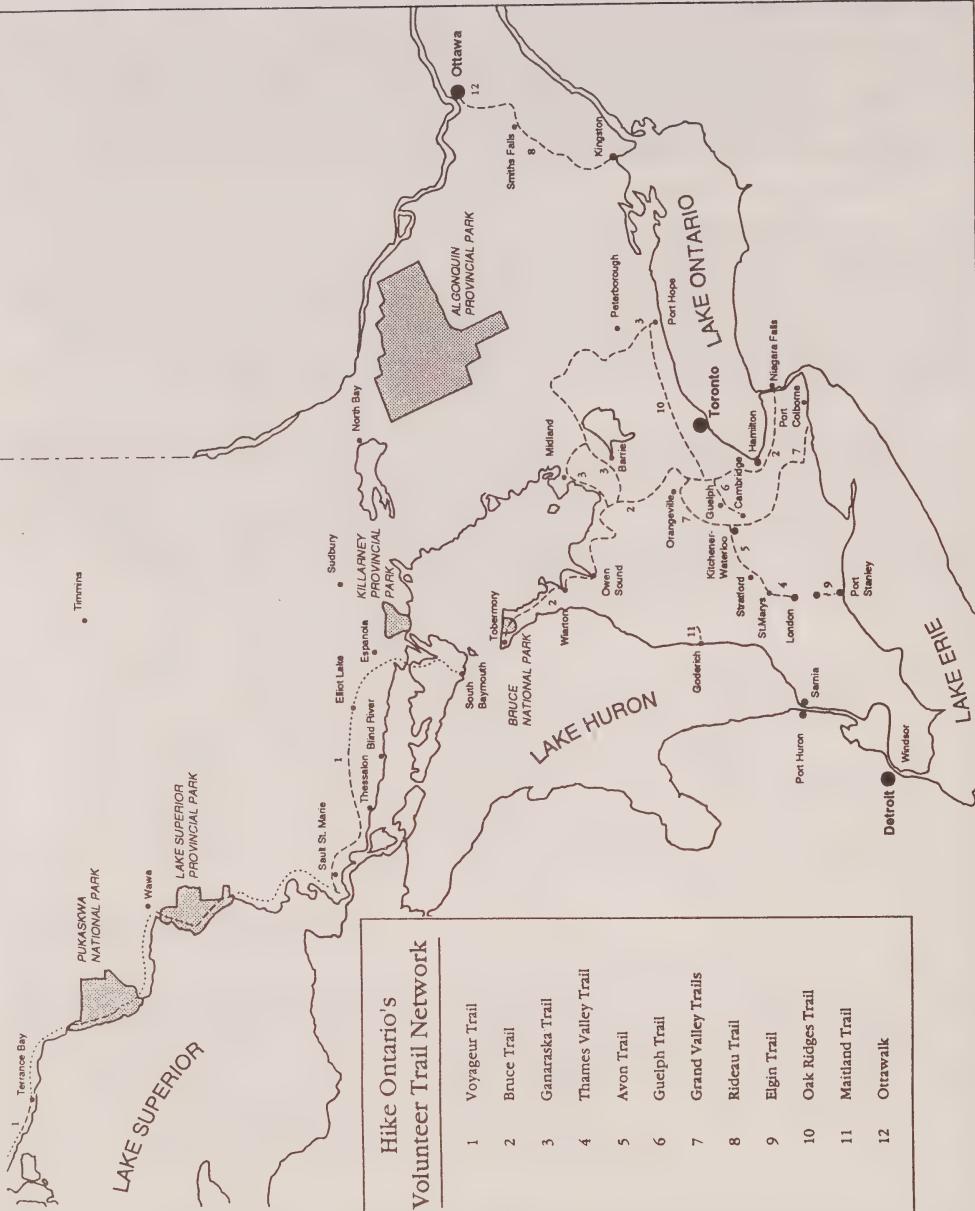
For further information, contact: Manitoulin Tourist Association, Box 119, Little Current, ON P0P 1K0

The Seaton Hiking Trail stretching from Green River in the north to Camp Pidaca in the south, is a live "laboratory" designed to provide a natural science experience. The trail covers a distance of 7.2 km (4.5 mi) and contains three sections - walking, wilderness and heritage - designed to highlight the natural and historic features of the area just north of Pickering. *Contact: Management Board Secretariat, Green River Field Office, Box 190, Highway 7, Green River, ON K0K 2T0*

The Townsend Ski/Hiking Trail winds its way along the attractive Nanticoke Creek Valley, passing numerous natural and cultural features that are unique to the area. The trail extends from the historic CNR bridge near Highway 3 in the southern portion of the site to Rockford hamlet in the north. The looped trail provides a total walking or skiing distance of 13.6 km (8.5 mi).

Contact: Townsend Information Office, Box 40, Jarvis, ON NOA 1J0

The Lake Ontario Waterfront Trail runs for 325 km across the north shore of Lake Ontario from Hamilton in the west to Trenton in the east. The trail links 160 natural areas, 126 parks and promenades, 69 marinas and yacht clubs, and hundreds of historical sites. *Contact: Waterfront Regeneration Trust, 207 Queen's Quay W., Suite 580, Box 129, Toronto, ON M5J 1A7. Tel: (416) 785-6213, (416) 314-8572 Fax: (416) 314-9497*



HIKING/BIRDWATCHING/ NATURE OBSERVATION

AREA 1 SOUTHWESTERN ONTARIO

For trips to Point Pelee see Area 4:
Toronto and Area 6: Kingston.

AREA 3 LAKELANDS

BAYSVILLE

Algonquin Daytrippers
Box 141
Baysville, ON POB 1A0
Tel: (705) 767-3263

Areas/trails: Algonquin Park

Season: All Year - groups of 8 or more, May-Thanksgiving for individuals

Guided day trips for all ages into Algonquin Park. Travel by van or small bus from Bracebridge or Huntsville with experienced naturalist.

Learn about history and management of the park, watch wildlife, walk through the forest to discover some of nature's secrets. Trip to Logging Museum and Visitor Centre, howl for wolves, watch for beavers, bears and moose and listen for owls.

Package A: Day trip, May-Thanksgiving, daily 9am-5:30pm Logging Museum Trail (1.3 km), Hardwood Hill Portage Trail (1 km)

Package B: 4-6 hour, Last week of July to Sept. 1, Wednesday evenings; Sept. to second week of Oct., evening trip Saturday evenings, areas hiked depends on location of wolves

Rates: \$35

COLLINGWOOD

Rob Roy Sports Farm
Box 92
Singhampton, ON N0C 1M0
Tel: (519) 922-2706

Area: Niagara Escarpment-Collingwood area

Season: All year, daily

Nottawasaga Lockout (World Biosphere) - Bruce Trail, explore crevice caves, waterfalls, Pretty River Valley Wilderness Park, glacial park, wildflowers, mature maple forest and spectacular views, includes indoor activities, food and refreshments,

... AREA 3 continued

bonfires, barn party room. Lunch and dinner available at extra charge.

Rates: Bed and Breakfast: \$40/person/day; Camping and Breakfast: \$25/person/day

PORT ELGIN

Federation of Ontario Naturalists

355 Lesmill Rd.
Don Mills, ON M3B 2W8
Tel: (416) 444-8419
Fax: (416) 444-9866
Areas/trails: All regions of Ontario

Season: All year. Call for trip dates

One-day, weekend and week-long trips designed for novice and veteran naturalists to explore nature. Depending on the trip, packages include experienced guides, accommodations, meals, trip orientation and van transportation. All registrations accepted on a first-come first-served basis by fax or mail.

Rates: Call for rates and brochure

RAVENNA

The Canadian Experience
RR 1
Ravenna, ON N0H 2E0
Tel/Fax: (519) 599-7465
Tel: (800) 668-4487

Area: Bruce Trail along Niagara Escarpment, Elora Gorge (pick-up

and drop-off at Hostelling International Toronto)

Season: April to November

Package A: 2½-day trip - departing Wednesday at 12:30 pm and returning Fridays at 8pm with 5-6 hour hike on the Bruce Trail along Niagara Escarpment and hiking along Elora gorge, visit several interesting sites, includes 2 nights' shared accommodation in a farmhouse, 7 homemade meals, evening campfires, return transportation to Toronto.

Package B: 1 day/overnight, 5-6 hour hike on Bruce Trail along Niagara Escarpment, shared accommodation Spirit of the Valley Homestead, 3 homemade meals, evening campfires, return transportation to Toronto.

Rates: *Package A* - \$195 (plus GST)

Package B - \$ 65 (plus GST)

SOUTHAMPTON

Adventure Canada

B-239 Palmerston St.
Southampton, ON N0H 2L0
Tel: (519) 797-1466

Areas/trails: Bruce Peninsula, Chapleau Game Preserve, Pukaskwa National Park, Lake Superior coast, Voyageur Trail

Season: May to October

All-inclusive backpacking excursions, day/weekend hikes, school outings. *Package A:* 5-day duration: Aug. 7 and Aug. 14, includes meals. Weather permitting - boat ride to far end of trail and hike back (60 km); *Package B:* 5-day

duration: Sept. 4 - 75 km height of land trail, includes meals and transportation from Chapleau.

Rates: \$450

For trips to Muskoka see Area 4: Toronto. For additional trips to the Bruce Peninsula see Area 6: Kingston.

AREA 4 METROPOLITAN TORONTO

TORONTO

A Taste of the World

235 Sammon Ave.
Toronto, ON M4J 1Z4
Tel: (416) 463-9233
Fax: (416) 925-0554

Areas/trails: Various neighborhoods - Town of York, Greektown, Broadview, etc.

Season: May to October 31; March Break - special events

A series of guided walking tours through various neighborhoods. Some walks are theme walks. Explore each area's nooks and crannies, history, local legends, architectural oddities, and food,

while also seeing the "greenery" of each area.

Package A: Departs different days of the week, various neighborhoods including Town of York, Greektown, Broadview, etc.

Package B: Departs Sundays 10am to 1pm, original Chinatown, includes 1½ meals, some samples of tea, fruit and baked goods available.

Rates: *Package A:* \$10
Package B: \$25

TORONTO

Comfortable Hiking Holidays

75 Graydon Hall Dr., Suite 2304
Don Mills, ON M3A 3M5
Tel: (416) 445-2628
Fax: (416) 222-8922

Area/trails: Weekend hikes - Sandbanks Provincial Park, Silent Lake Provincial Park, Algonquin Provincial Park, 1-day hike - Bruce Trail & St. Catharines Trail

Season: All year

Guided one-day winery hikes or weekend hiking excursions. Depending on package, trips may include bus transportation, guided hike, wine tasting/wine and cheese reception. Weekend trips include accommodation and meals

Rates: \$56/1-day; from \$192/weekend

TORONTO

Natural History Tours

58 Fairmeadow Ave.
Willowdale, ON M2P 1W7
Tel: (416) 223-6284
Fax: (416) 223-7083

Area/trails: Hawk Cliff, Point Pelee, Muskoka, Algonquin Park.

Season: All year

Description: Guided one-day to one-week van trips covering all aspects of natural history, including bird watching and botany. Morning pick-up from Kipling or York Mills subway stations.

Rates: Call for brochure and rates

TORONTO

Voyageur Quest

129 Coldstream Ave.
Toronto, Ontario M5N 1X7
Tel/Fax: (416) 322-3605

Area/trails: Pukaskwa National Park, Lake Superior Provincial Park

Season: All year

Day hikes out of a mobile base camp. Eight-day all-inclusive wilderness experiences, specializing in acquainting guests with some of the most spectacular national/provincial parks in Ontario. Experiences focus on learning about the wilderness, wildlife, photography, fishing, searching for ancient "pit villages" and Aboriginal painting. Includes tents, meals, return transportation from Toronto, equipment.

Rates: \$800

AREA 5 GETAWAY COUNTRY

BELLEVILLE

Natural Outings

RR 2
Belleville, ON K8N 4Z2
Tel/Fax: (613) 967-3806

Areas/trails: Coastal (Voyageur) Trail, cruise on Lake Superior to trail's end

Season: July

Day hiking, some canoeing, backpacking. Week long hiking/camping trips. Trips have ecological emphasis.

Package A: July 9-15: Lake Superior Provincial Park, includes all breakfasts and dinners, accommodation, base camp, fully equipped.

Package B: July 9-15: Pukaskwa National Park, 60 km, includes camping gear, accommodation, all breakfasts and dinners, cruise on Lake Superior to trail's end.

Rates: *Package A:* \$450
Package B: \$490

MARKHAM

Call of the Wild

23 Edward St.
Markham, ON L3P 2N9
Tel: (416) 200-9453/(800) 776-9453
Fax: (905) 472-9453

... AREA 5 continued

Areas/trails: Algonquin Provincial Park, Petroglyphs Provincial Park

Season: Summer

Wilderness/nature experiences. Day hikes are in areas with spectacular wilderness scenery, wildlife and moose. At night, accommodation will be at quality inns or lodges with meals consisting of fresh game, poached salmon, etc.

Package A: 5 days/4 nights: Various trails in Algonquin Park and Petroglyphs Provincial Park, combines rustic country inns and log cabins with guided day hikes through the wilderness of Algonquin Park and hiking areas such as 100-m deep Barron Canyon and the Mizzy Lake Trail, meals included.

Package B: 3 days: Wilderness camping trip. Participants help/learn in all aspects of the trip, portaging a canoe, setting up tents, cooking, building a fire, etc., meals and all equipment provided except sleeping bags and flashlights

Rates: Package A - \$920

Package B - \$275

AREA 6 ONTARIO EAST

KINGSTON

Nature Travel Service

Box 1334, 6A Clarence St.
Kingston, ON K7L 5C6
Tel: (613) 531-8105
Fax: (613) 544-0863

Areas/trails: Point Pelee, Rideau Trail, Bruce Peninsula

Season: May-June

Operates all year offering tours that specialize in natural history; birding and botany. Study the wildlife and its environment in a relaxed atmosphere. All guides are experienced naturalists. Please call for information on numerous package tours.

All participants must be in general good health to perform the required exercise, which involves a moderate level of walking only.

Rates: Call for information

OTTAWA

Multi-Trek Canadian Explorers Ltd.

1180 Tawney Rd.

Ottawa, ON K1G 1B7

Tel: (613) 748-6165/(800) 263-5232

Fax: (819) 561-7906

Areas/trails: Algonquin Park, Ottawa area

Season: April to November

1-day hiking in the Ottawa area, 3- and 5-day backpacking trips with an emphasis on minimum-impact camping and a commitment to environmental awareness and conservation. Includes wilderness camping, park fees, meals, pre-trip meeting and equipment lists. Shared transportation. Minimum 13 years of age. Bilingual service.

Rates: \$25/1-day; \$165/3-day;
\$275/5-day

OTTAWA

Ottawa Valley Field Trips

102-28 Thorncliff Place

Nepean, ON K2H 6L2

Tel: (613) 820-1943

Fax: (613) 820-1999

Areas/trails: Established hiking trails in and around National Capital Region

Season: All year. Call for dates and information

Nature awareness walks on foot or snowshoe, edible wild hikes, nature clubs and day camps for children, parent and tot nature walks, night walks and star walks, guided cross-country skiing

Rates: Call for rates and brochure - each program has different duration and price

OTTAWA

Ottawa Outing Club

126 York St., Suite 1

Ottawa, ON K1N 5T5

Tel: (613) 241-1616

Fax: (613) 241-8913

Areas/trails: Algonquin Provincial Park, Ottawa Valley

Season: July to October

Day trips to Ottawa Valley, throughout the summer. Includes guide, transportation to/from Ottawa, accommodation, all meals. 2 nights/3 days, Algonquin Park, lodge with hot tub/sauna, departs September

Rates: \$245-\$265 - 3 days
Day trips - from \$43

AREA 7

ONTARIO'S NEAR NORTH

*For trips to Algonquin Park see Area 3:
Baysville, Area 4: Toronto, Area 5:
Markham and Area 6: Ottawa.*

AREA 8 RAINBOW COUNTRY

PARRY SOUND

Canadian Island Holidays

105 Rockport Cres.
Richmond Hill, ON L4C 2M1
Tel: (905) 508-5651

Areas/trails: Remote section of Georgian Bay Islands near Snug Harbour

Season: Mid-May to mid-October

Guided wilderness adventures exploring the 30,000 Islands of Georgian Bay by boat and foot. Intriguing geological formations, abundant flora and fauna, Blue Heron colony occupying an entire 3-acre island, Cormorant colonies, spectacular panoramas and world famous windblown pines. June 3 and July 29, 10am to 4pm

Rates: \$60/day trip (Maximum 8 guests/boat)

WAHNAPITAE

Kukagami Lodge
RR 1
Wahnapietae, ON P0M 3C0
Tel: (705) 853-4929

Areas/trails: Kukagami Lake

Season: June 23 - October 9 and December 26 - March 27

Summer vacation packages offer hiking opportunities on cross-country ski trails, guests are encouraged to take guided nature walk daily through the summer to view trees, wetlands, plants, animal tracks and signs. Workshops available to teach basics of canoeing, canoe tripping, individual paddling instruction, safety, trip planning, packing, portaging. Edible wild plant workshops facilitate identification, collection, preparation and preservation of nature's wild harvest. Unique experience in wild foods dining. Packages include accommodation (log cabins, dorm style, some private) and meals.

Package A: Two nights, beginning June 23, canoe tripping workshop on and around Kukagami Lake

Package B: Two nights, departure Sept. 22 and Sept. 29, edible wild plant workshops

Package C: Two nights, departure anytime from June 26 - Oct. 9, guided nature walks, accommodation in private log cabins, boat access only, no electricity, running water

Rates: *Package A and B* - \$195

Package C - \$80/day

For other packages in Pukaskwa National Park see Area 3: Southampton and Area 4: Toronto.

AREA 9 ALGOMA COUNTRY

ELLIOT LAKE

Inn on the Lake

Highway 108
Elliot Lake, ON P5A 2T1
Tel: (705) 848-3611/(800) 567-5646
Fax: (705) 848-3614

Areas/trails: Marked trails in surrounding area

Season: May through mid-October.
Reservations required at least one month in advance.

Hiking trails vary from 1.2 to 30 km, and are selected by group and guide each afternoon or evening. At least one night can be spent in tents at a remote lake camp site. Emphasis on Aboriginal lore and herbal remedies. Aboriginal guides. All equipment supplied except for sleeping bags, which are available at nominal charge. Includes breakfasts, dinners and packed lunches daily. One- to five-day packages available.

Rates: \$122/day

ELLIOT LAKE

Natural Highs Outdoor Adventure Programs

7 Rome Court
Elliot Lake, ON P5A 2M8
Tel/Fax: (705) 848-5776
Tel: (800) 669-3347

Areas/trails: Trails in the vicinity of Elliot Lake

Season: All year

Tours around the Elliot Lake area provide an outdoor experience for all age and expertise levels.

Package A: One-day duration, trails around city, includes one meal
Package B: Three-day duration, Voyageur Trail, includes 7 meals, transportation to start point and from pick-up point to Elliot Lake

Rates: *Package A* - \$30

Package B - Call for rates

Family rates available

For packages in Chapleau Game Preserve see Area 3: Southampton.

For trips in Lake Superior Provincial Park see Area 3: Southampton and Area 5: Belleville.

AREA 10 JAMES BAY FRONTIER

MOOSE FACTORY

Creeway Wilderness Experiences

Box 347

Moose Factory, ON POL 1W0

Tel/Fax: (705) 658-4390

Areas/trails: Moose River, James Bay coast, Netitishi Point

Season: May to November

3- to 7-day wilderness trips to explore Cree culture, birding and natural history. Includes accommodation (tent cabins) and meals.

Package A: 3 days - June/July, Moose River/James Bay coast, explore Cree culture

Package B: 7 days - September/October, birding, James Bay coast

Rates: *Package A* - \$475

Package B - \$975

AREA 11 NORTH OF SUPERIOR

MARATHON

Canadian Outward Bound Wilderness School

150 Laird Ave., Suite 302

Toronto, ON M4G 3V7

Tel: (416) 421-8111/(800) 268-7329

Fax: (416) 421-9062

Areas/trails: Pukaskwa National Park

Season: July, August, September

9-, 21- and 22-day course packages that combine hiking, wilderness canoeing, camping and rock climbing in Pukaskwa National Park. Other course activities may include rock climbing, a solo experience, a community service project and group challenge activities. Courses are offered for guest 15-16, 17-plus and 23-plus year olds.

Package A: Thunder Bay: 21- or 22-day canoeing expedition in the wilderness area surrounding Pukaskwa National Park. 21-day: July 3, Aug 4; 22-day: July 6, Aug 8. Hiking expedition is on coastal trail. Includes accommodation (tents) and meals, canoes, lifejackets, paddles, canoe packs, hiking packs, tents, sleeping bags, etc.

Package B: Thunder Bay: 9-day hiking expedition on coastal trail of Pukaskwa National Park on Northeastern shoreline of Lake

Superior, departure Sept. 2, includes accommodation (tents) and meals, all equipment including hiking packs, tents, sleeping bags, etc. Rock climbing may be a component of the course.

*Rates: Package A - \$1,995
Package B - \$1,195*

THUNDER BAY

Nirivian Island Expeditions Ltd.
RR 13
Thunder Bay, ON P7B 5E4
Tel: (807) 983-2671

Areas/trails: St. Ignace Island, Lake Superior

Season: May 20 to October 20

3- to 6-day hiking and wilderness camping trips to rugged and isolated islands in Nipigon Bay, Lake Superior. Most activities based on St. Ignace Island, which is rugged, forested, features many waterfalls and has the third-highest mountain in Ontario. Includes guide, sauna facilities, cooking facilities, transportation to island and accommodation. Guests are required to be in good physical condition and minimum 8 years old.

*Package A: Mountain Hike - 3-4 days, July 29-Aug. 1 and Sept. 2-4
Package B: Wilderness Camping - 5-6 days, weekend departures, July and August*

*Rates: Package A - \$199/person (minimum 4 persons)
Package B - \$699 (maximum 6 persons)*

AREA 12 SUNSET COUNTRY

SIOUX LOOKOUT

Northern Comfort Wilderness Adventures
Box 127
Sioux Lookout, ON P8T 1A1
Tel: (807) 737-2773
(800) 465-1661

Season: All year (in winter by snowshoe or cross-country ski)

1- to 5-day excursion, 60 km - typical Canadian shield, forest, lakes and ski trails. Historical information on Sioux Lookout, flora and fauna identification, edible plants, geographic and geological information. Includes secluded lakeside accommodation (chalet sleeps 6-8), bed and breakfast with sauna and outdoor equipment rentals, canoe and sea kayak lessons

Rates: \$100/person/day (summer and winter)

ROCK CLIMBING

The challenge . . . to find one's absolute physical limit, to create the ultimate route, to continue to push the barriers of free climbing to exciting new levels.

For climbers, Ontario is rich in choice - bouldering, rock climbing and ice climbing are all right here. While thoughts of climbing might automatically turn northward, to the rugged Canadian Shield (Precambrian rock dating back 300 million years ago) and the well-known images of Ontario's famous Outward Bound, the action starts much further south on the limestone ridges of the Niagara Escarpment (Paleozoic rock, much younger than Precambrian, extends from Niagara to Tobermory and through Manitoulin Island). Challenging climbs can be found across the province.

Climbing in Ontario tends to focus on seven major areas, but the heightened interest and activity are changing these traditional boundaries. Attention is now focused on a number of new climbing areas that are under development.

The Niagara Escarpment runs north from Festival Country, up through the Lakelands region, along the Bruce Peninsula and into the waters of Lake Huron. It emerges again to form the islands of Fathom Five National Marine Park and the unique geological formations of Flowerpot Island. At its southern end, Rattlesnake Point, Mount Nemo and Buffalo Crag, a short drive from Toronto, were the first sites to receive significant attention. Today, there are over 300 limestone climbs of varying degrees of difficulty between these popular early sites and Owen Sound some 240 km (150 mi) away.

Above the northern shores of Lake Superior in Sunset Country, climbers are active in and around Quetico Provincial Park and Kenora.

The Thunder Bay-area has one of Ontario's most impressive crags, the Sleeping Giant. This region of North of Superior is also the home of Outward Bound, and the numerous cliffs and variety of climbs have made the area a popular destination.

Sudbury in Rainbow Country and North Bay in Near North are two centres of activity where 20 outcrops have been initially developed. More crags are discovered every year. Definitely a destination for innovators and climbers looking for a new challenge!

Ontario East features two of Ontario's traditional climbing areas, the Ottawa region, where interest in sites along the Ottawa River near Pembroke is increasing steadily, and the area around Mazinaw and Kingston. Bon Echo Rock at Mazinaw Lake is a magnificent 100-metre crag that is notable for both its Aboriginal hieroglyphics and climbing routes. Near Kingston, climbs such as Kingston Mills, Little Blue Mountain and Landon's Bay, provide routes suitable for all ability levels. Another region that attracts climbers is Bancroft Calabogie and vicinity with a variety of interesting possibilities among the many outcrops found there. Come, climb in Ontario! For outdoor adventure that's great . . . we're up for it.

ROCK CLIMBING

AREA 1 SOUTHWESTERN ONTARIO

LONDON

The Adventure Connection Inc.
576 Grosvenor St.
London, ON N5Y 3T3
Tel: (519) 672-8777

Area: Rattlesnake Point
Conservation Area, Milton

Season: April to November

2-day rock climbing courses, 1:6
teacher/student ratio for beginner
course, 1:3 for advanced, includes all
climbing equipment.
2-day beginner and intermediate
trips to Rattlesnake Point on
weekends, weekdays for groups.
8-day combined program includes
transportation, food and equipment
with 1:5 teacher/student ratio.

Rates: \$119/weekend; \$364/8-day

AREA 2 FESTIVAL COUNTRY

SHELBURNE

**The Adventure Begins Outdoor
Education Consultants**
RR 3
Shelburne, ON L0N 1S0
Tel: (519) 925-3930
Fax: (519) 925-3972

Areas: Rattlesnake Point, Milton;
and Beaver Valley area

Season: April 15 to Nov. 1. Two-day
(beginner/intermediate) trip to
Rattlesnake Point departs weekends
April to November. Four-day
(advanced) trip to Rattlesnake Point
and Beaver Valley departs weekends
September and October.

2- and 4-day packages. ORCA
certified instructor ratio - 1:5,
includes all technical and safety
climbing equipment, minimum age
15 years.

Rates: \$165/2-day; \$290/4-day.

AREA 4 METROPOLITAN TORONTO

TORONTO

Equinox Adventures

5334 Yonge St., Suite 609
Toronto, ON M2N 6M2

Tel: (416) 222-2223

Fax: (416) 225-8103

Area: Niagara Escarpment, Milton;
Bon Echo

Season: April to end of November.
Trips depart every weekend and each
week

2- and 5-day packages - all degrees
of difficulty. Rock climbing courses,
ORCA certified instructor ratio - 1:6
beginners, 1:4 intermediate/
advanced. Includes all climbing gear.

Rates: \$125/2-day; \$275/5-day.

TORONTO

Hibbert Climbing Enterprises

29 Fairlin Dr.
Etobicoke, ON M9B 4J1
Tel: (416) 233-3668

Area: Milton, Bon Echo Provincial
Park

Season: April to November, various
departure dates

30 hour beginner trips to Milton.
Departure - variable - each course
features 1 or 2 evening sessions
plus 2 or 3 days outdoor.
80 hour intermediate/advanced.
Departure - April to June - trips to
Milton, Lake Mazinaw. Camping
weekend at Bon Echo Provincial
Park. Cost of course includes boat
fees during camping/climbing
weekend. Social/debriefing sessions
included. Instructor ratio 1:8.

Rates: \$100-\$125 (30 hours)
\$300 (80 hours)

TORONTO

Toronto Climbing Academy Inc.

100A Broadview Ave.
Toronto, ON M4M 3H3
Tel: (416) 406-5900
Fax: (416) 406-6585

Area: Milton, Toronto

Season: All year

Climbing school, artificial climbing
walls. Courses at beginner,
intermediate and advanced levels.
ORCA certified instructor ratio 1:6
to 1:1. Equipment provided for
beginners. 2-day trips on weekends
to Rattlesnake Point.

Rates: \$45/day beginner; \$125/2-day
trip, beginner

... AREA 4 continued

TORONTO

Voyageur Quest

129 Coldstream Ave.
Toronto, ON M5N 1X7
Tel/Fax: (416) 322-3605

Base of operation: Toronto

Areas: Metcalf Rock and Beaver Valley

Season: April to November

Day trip introduction to rock climbing - all ages and abilities. Can accommodate people with disabilities. Climbing starts at 9am and ends at 4:30pm. Instructor ratio 1:4. Return transportation from Toronto available (additional cost)

Rates: \$100/person, includes all equipment and instruction

AREA 6 ONTARIO EAST

OTTAWA

Multi-Trek Canadian Explorers Ltd.

1180 Tawney Rd.
Ottawa, ON K1G 1B7
Tel: (613) 748-6165
(800) 263-5232
Fax: (819) 561-7906

Areas: Calabogie and Ottawa area, Bon Echo Provincial Park

Season: All Year. Summer - on rock. Winter - indoor rock climbing (sports climbing)

1-day package (beginner to advanced). Rock climbing course, ORCA certified instructor ratio 1:5. Includes all climbing gear. 3-day package (beginner to intermediate) to Bon Echo includes tents and meals; instructor ratio 1:4. Shared transportation. 1- to 4-day introductory courses and caving clinics also available. Minimum 13 years of age.

Rates: \$65/1-day; \$125/2-day;
\$195/4-day ORCA Level 1;
\$225/Bon Echo.

*For other packages to Bon Echo see
AREA 4: Toronto*

AREA 9 ALGOMA COUNTRY

ELLIOT LAKE

Natural Highs Outdoor Adventure Programs

7 Rome Court
Elliot Lake, ON P5A 2M8
Tel/Fax: (705) 848-5776
Tel: (800) 669-3347

Areas: Elliot Lake

Season: May to October

1-day beginner and intermediate
courses in the Elliot Lake area.
Rock climbing courses. One meal
provided.

Rates: \$75

AREA 11 NORTH OF SUPERIOR

THUNDER BAY

Alpamayo Exploration and Adventure Services Ltd.

Box 2204
Thunder Bay, ON P7B 5E8
Tel: (807) 344-9636
(800) 667-8386

Areas: Thunder Bay Mount Helen,
Nipigon

Season: May to September

6-day beginner-advanced package to
Thunder Bay bluffs and area and
Mount Helen, Nipigon. 1-day
beginner package at Scenic Bluffs.
Rock climbing courses, instructor
ratio 1:6. All climbing equipment
supplied.

Rates: \$60/1-day; \$800/6-day

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